

VIRGINIA RIDER

Serving the Riders of Virginia & West Virginia

MAGAZINE™



FREE

COUNTRY ROAD TAKE ME HOME

www.virginiarider.com



THE FIRM THAT RIDES

Dedicated to protecting the rights of injured motorcyclists. We ride so we understand.

If you've been injured, call the Motorcycle Law Group.™

1-800-321-8968

www.MotorcycleLawGroup.com



Locations

Tom McGrath's Motorcycle Law Group is trusted by riders and their families, motorcycle clubs, lawmakers and others to effectively represent individuals in legal cases and support the right to ride.

Virginia offices in Newport News, Richmond, and Roanoke

Did you know that you can be one of around 40,000 monthly viewers of our **RIDER FRIENDLY DIRECTORY**



The Directory is the best online resource for riders to find great places to ride, motorcycle/motorsports dealers and services, good eats and drinks, tourism and so much more.

Check Out The Directory Today!

Find the businesses and places you want to know more about

Have A Business To List?

If you want to be seen by the vast number of people - your friends and fellow riders - who view the Rider Friendly Directory online every month, please contact us at the email below. For a limited time, you'll also receive a short promotional video absolutely FREE if you include a video ad with your directory listing.

Connect with our 40k+ readers & viewers who visit our site virginiarider.com & on Facebook @virginiaridermagazine

Email us at: virginiaridermagazine@yahoo.com

VIRGINIA RIDER

Serving the Riders of Virginia & West Virginia

MAGAZINE

Our Rider Friendly Directory locations are the best destinations for riders!





from the editor's desk

Season's Greetings friends!! Well, the holidays are in full swing now with folks making their lists & checking them twice, or three times as in my case, because I want to make sure I don't miss anyone 😊 This is the time of year where we think of all the things that we should be thankful for and we want you all to know that we are truly thankful all through the year for the support of all of our rider friendly businesses who help make this magazine possible each year, for our faithful readers who are with us each and every edition, for our new subscribers who join us and share the magazine with their friends and families.

We want to give a big shout out to our very special rider-friendly businesses who are regular advertisers on our pages!...***Attorney Liz Sorrell with The Motorcycle Law Group throughout Virginia * The Curly Maple in Monterey, VA * CycleLogikal in Mount Crawford, VA * Blue Grass Mercantile in Blue Grass, VA * Dry Run Spirits Distillery in Franklin, WV * and Lee Brankley of Lee's Garage in Chase City, VA with the South Central Bike Fest * ...as their financial support helps us with the entire production process of Virginia Rider so that we can get it online & out to YOU! – we are extremely grateful for all of their continued support so that we can keep doing what we love to do, publishing this wonderful magazine for everyone...We appreciate you sooooo much!!! We wouldn't be here without you ALL!

So as we go through the busy weeks ahead with holiday gatherings, Christmas shopping, & the hustle & bustle of this magical season, we will be thinking of all of you & wishing you the very best of this wonderful season. Stay safe & warm out there. Til we see you again!

Stay awesome!

Kelly



IN THIS ISSUE



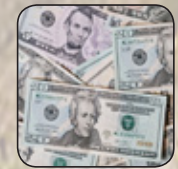
GREAT PLACES TO RIDE Sometimes you can't see the forest for the trees, figuratively speaking. This month, Marc and Rose see A Forest Through The Trees. As fall colors begin to fade, we find them on a cooler, rainier journey with blustery winds through Pendleton County West Virginia to their final destination of Monterey.



MUSIC AND MOTORCYCLES "Ride the Wind" is a song by American glam metal band Poison. It is a glam metal song that captures the sense of freedom and adventure associated with motorcycle riding. It was the third single from the group's 1990 studio album Flesh & Blood, released on Capitol.



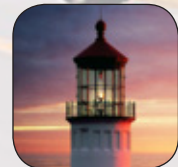
BIKE SAVERS John describes his new project, a Honda CB350 Four, as a "basket case" - All the bike had when he went to pick it up were a couple of wheels, the frame, tank, swing arm, and a tote full of miscellaneous parts. A basket case!



DROP INSURANCE IN THE WINTER? Winter is when some riders start to wonder whether they can save a few dollars by temporarily cancelling insurance on their bikes. But, should you drop insurance on a motorcycle that's in winter storage? If you give it some thought, you'll probably find that it's not the soundest practice. Here are some reasons why.



GOOD FOR YOU TO STAY FIT FOR THE ROAD More & more riders have been taking advantage of the milder temperatures that we've been experiencing these past couple of years during late fall and are keeping their bikes on the road instead of tucked away for the winter. This is a great reason to stay fit through the holidays. Here's some great info to help keep you happy & healthy this season.



THE LIGHTHOUSE This month we hear the story of a family who, because of their willingness to help another needy family be able to have a Thanksgiving meal, experienced the blessing of God's provision and the truth that miracles happen when we step out in faith. For with us, some things are impossible. But with God, all things are possible.



PREPPING YOUR BIKE FOR WINTER STORAGE The start of the winter months means another riding season is closing up, for all but the most hardcore motorcycle riders. And unless you count yourself as part of that hearty group, right now is the time to think about proper winter storage for your bike.

Issue 10 - 2024

© VIRGINIA RIDER MAGAZINE. ALL RIGHTS RESERVED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED, DISTRIBUTED, OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, INCLUDING PHOTOCOPYING, RECORDING, OR OTHER ELECTRONIC OR MECHANICAL METHODS, WITHOUT THE PRIOR WRITTEN PERMISSION OF THE PUBLISHER. ALTHOUGH THE AUTHOR AND PUBLISHER HAVE MADE EVERY EFFORT TO ENSURE THAT THE INFORMATION IN THIS PUBLICATION WAS CORRECT AT PRESS TIME, THE AUTHOR AND PUBLISHER DO NOT ASSUME AND HEREBY DISCLAIM ANY LIABILITY TO ANY PARTY FOR ANY LOSS, DAMAGE, OR DISRUPTION CAUSED BY ERRORS OR OMISSIONS, WHETHER SUCH ERRORS OR OMISSIONS RESULT FROM NEGLIGENCE, ACCIDENT, OR ANY OTHER CAUSE. ANY ARTICLES CONTAINED IN VIRGINIA RIDER MAGAZINE ARE FOR INFORMATIONAL PURPOSES ONLY AND NOT TO BE SUBSTITUTED FOR MEDICAL ADVICE. WE DO NOT PROMOTE THE ABUSE OF ALCOHOL OR DRUGS.

Virginia Rider Magazine, 1385 Fordham Drive, Ste. 105-270, Virginia Beach, VA 23464
Email us at virginiaridermagazine@yahoo.com or call 757-822-4700
Roll with us on Facebook @virginiaridermagazine

OUR TEAM



Kelly Collins
Owner/Editor

Kelly is a U.S. Navy Veteran & is a long-time friend & fellow rider of motorcycle communities throughout the Virginias and the Mid-Atlantic regions. She has been the owner/editor & publisher of free "moto" magazines for nearly 20 years. Kelly takes great care in making sure that her publications are entertaining, informative, are a great resource for riders, while also keeping the content in good taste so that they can be enjoyed by everyone. She packs a variety of topics into every issue...rider-friendly businesses, safety, health/wellness, funnies, entertainment, tourism, great places to ride & so much more.



Warren Ells
Layout & Design

The Warren Ells Agency, owned and led by Warren Ells, specializes in a comprehensive range of services including video production, copywriting, ad design, and print layout. With a focus on delivering high-quality content, they excel in creating engaging videos, compelling copy, and visually appealing advertisements. Whether it's crafting impactful messages or designing eye-catching visuals, Warren is dedicated to meeting the diverse needs of clients, providing a one-stop solution for effective multimedia communication. He has been creating content for businesses, bands, and individual entrepreneurs for over thirty years.



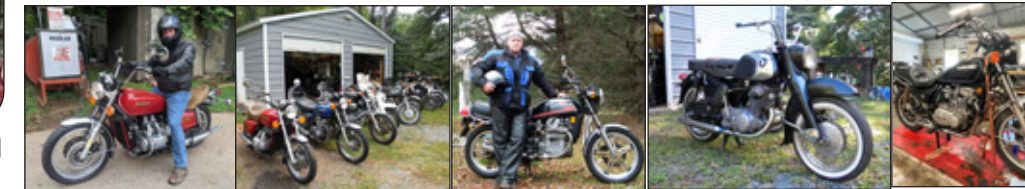
Marc Ritchie & Rose Grant
Great Places To Ride

Marc and Rose have been riding, traveling, writing, photographing, and videoing together for over a decade. No matter what time of year, whether it's across the country, or across the county, the bike is their sanctuary, and they're always looking forward to the next ride together.



John Peterson
Bike Savers

John's been saving bikes ever since he was given his first motorcycle that didn't run and snapped a funnel off in the transmission case. His biggest inspiration is his wife Barbara, who reminded him that "None of them run..." Ever since, he has breathed new life into at least 20 vintage machines!



FEATURED IN THIS ISSUE

NIGHT RIDER – Riding your motorcycle at night

Ah, it's really tough to beat the fresh air and cool breeze of the open road. Riding your motorcycle at night can be one of the most enjoyable experiences ever. It's also just sometimes a necessity—you've got to get home and it's dark. As a motorcycle rider, you already have to pay more attention to the road and other riders, but at night, it's even more important. Fortunately, riding safely at night isn't super complicated. Make sure you're visible and you're following the rules of the road and you'll get there just fine.



ON OUR COVER

As the song says, "Almost Heaven, West Virginia." There are beautiful places to ride in the hills of southern West Virginia right now.





THE LIGHTHOUSE

"You are the God who performs miracles" - Psalm 77:14

The Greatest Thanksgiving

"Are you going grocery shopping today?" my husband, Roy asked when I picked up the telephone.

"I plan to," I answered.

Thanksgiving was only a couple days away. Everyone in our family would be coming to our house. My funds were limited, therefore my box of coupons awaited me in the car. I knew I had to be creative in my shopping that day. I had to stretch every dollar.

For a few seconds, Roy sat silently on the other end of the line. "Why do you ask?" I uttered, fearing what he might say.

"Nancy, there's a family with a half dozen kids that will not have anything to eat for Thanksgiving. The little one is only five-years-old."

"So what are you saying?" I whispered.

"While you're at the store could you possibly buy something for them?" Roy's words echoed in my heart. Groceries, a five-year-old, eight in the family... My head began to spin thinking about the fifty dollars I had reserved for our family's Thanksgiving dinner.

In the back of my mind I counted the hungry guests who would be coming to our house for dinner. I put my head down on my desk, already feeling defeated.

There's no way possible, I thought. But the compassion I heard in my husband's voice struck a nerve inside me.

"Sure," I replied. "But only if God helps."

"Thanks, sweetheart," Roy whispered. "Just do what you can." He then hung up the telephone. I finished my work and prayed all the way to the nearest grocery store.

I entered the parking lot. I noticed a big sign in the grocery store window: Turkeys - 29 cents a pound.

"This is the place, Lord" I whispered. I grabbed my box of coupons, went inside, secured two buggies, and headed to the

frozen foods. The turkeys were indeed on sale, but I discovered one big problem. When I read the sign posted on the freezer door my heart sank. "Limit one."

"But I need two," I uttered to myself. I decided to find the manager. I explained the problem. He made an exception.

After tossing a turkey in each buggy, I began my shopping fury. It was amazing how many buy-one, get-one free items were being featured that day. The first item went into one buggy. The free item went in the other. In addition, I had all the right coupons to get exactly what both families needed for a hearty Thanksgiving dinner. I proceeded to the register and held my breath while the cashier rang up my groceries.

To my surprise, I had enough money. I was even able to purchase a package of cookies for the five-year-old who had stolen my heart, even though I had never met her.

Later that afternoon, Roy and I made a special delivery to a home filled with children of all ages. I will never forget the smiles on the six kids' faces, as they made several trips from my car carrying numerous bags of groceries inside.

This event reminded me of a story. Even though He only had a few loaves and fishes, Jesus multiplied them and fed five thousand people. And to top it off, there was food left over. I wondered if God was doing the same thing that day.

By far, that was the greatest Thanksgiving Day of my life. My entire family shared a hearty meal with us. We had plenty to eat. We even had enough food left over for the evening meal.

That afternoon, when I had time to think about what had happened, I imagined a home, not far from where I lived. There was a mother and a father and six children sitting around the kitchen table, laughing and rejoicing. They enjoyed the same meal that our family had shared together that day.

Then I realized that miracles happen when we step out in faith and in steps God. For with us, some things are impossible. But with God, all things are possible.

Ride here. Eat here. Stay here. **Welcome Riders! Warm, cozy suites!**

THE Curly Maple
 VIRGINIA RIDER DESTINATION

Lunch - Wednesday thru Monday
Breakfast - Saturday and Sunday

174 West Main Street, Monterey, VA 24465
 Right across from the courthouse
 (540) 468-1250

Like us on Facebook for our specials and events!
<https://www.facebook.com/thecurlymaple>

thecurlymaplellc@gmail.com

THE Curly Maple
 NEW WEEKEND HOURS!
Storefront & Grocery
 FRESH PRODUCE & GROCERY SELECTION
 MT. CRAWFORD MILK
 HOMESTEAD CREAMERY ICECREAM
 LOCAL MAPLE SYRUP, HONEY, AND CIDER

Kitchen & Deli
 DAILY LUNCH SPECIALS
 FRESHLY MADE GRAB N GO SALADS
 DELI MEATS & CHEESES
 DAILY BAKED GOODS
 FRESHLY BREWED COFFEE

174 WEST MAIN STREET
 (540)468-1250

MONDAY 10 AM - 5 PM
 WEDNESDAY 10 AM - 5 PM
 THURSDAY 10 AM - 5 PM
 FRIDAY 10 AM - 5 PM
 SATURDAY 8:30 AM - 2:30 PM
 SUNDAY 8:30 AM - 2:30 PM



LOCAL BUSINESSES NEED US!

Small businesses give more to our local charities, youth teams and events. But they can't support our community without your patronage.



SHOP LOCAL THIS HOLIDAY SEASON

Please
Support our rider-friendly advertisers

VIRGINIA RIDER
Magazine



SHOTZ

LET'S DO SOME SHOTZ!!!
Email your pics to virginiaridermagazine@yahoo.com





GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant **A Forest Through the Trees**

I used to say September and October were my favorite months to ride. Although the colors are mostly gone, blustery Novembers in the 60s after a brief, overnight rain, and the smell of wet leaves in the air, may have a spot in my riding hierarchy of best months. The notable lack of bugs alone could seal the deal.

We weren't quite there yet. Rose was wearing her new heated vest from Voltheat.com. She's become quite attached to it and doesn't leave the house without her new favorite garment. Windy was almost empty, so we stopped for petrol in McDowell. There wouldn't be another gas station until the end of our journey in Monterey. Puffy, cumulous clouds painted a pretty sky. The blustery winds pushing them along were felt buffeting against Windy's fairing as her 900-pound frame held true on another empty, open road in one of the greatest playgrounds a kid with a bike ever dreamed of.

Patches of moisture remained in areas on the road, mostly in the shade. Pandora was shuffling "Your Decision" by Alice in Chains: a song I usually like to blast with its perfect blend of vocals and guitars. And even at volume, the world's luckiest squirrel narrowly avoided a relatively fresh set of Shinkos, destined for drier ribbons and higher altitudes, in addition to avoiding wildlife.

Like someone dipping their toes in a pool before wading in, Rose and I have been feeling the waters of Snowy Mountain Road again after a close call with a log truck a while back. While not exactly throwing caution into the wind, this risk management affair we call riding motorcycles wasn't going to succumb to fear and miss out on one of the best views in Pendleton County, let alone West Virginia.

I had a feeling the visibilities would be unlimited in our high pressure with almost zero humidity. It was so clear, Rose and I could see the tower by the weather station at Spruce Knob from our gravel overlook. The geography here is unusual. The mountains are typically covered in trees for the most part, but in this vicinity, they are replaced with nearly vertical fields of grass and rock. So much so, ambitious bovines, seeming to defy gravity, were grazing all around us, and made it clear, we weren't welcome in their airspace. As many times as the pod-of-all-triness has been deployed here over the years, Rose's pictures of the view, have never turned out any better.

We could let our hair down a bit on the descent to Cherry Grove. Any oncoming trucks would be in lower gears and easily seen with fewer blind corners than on the other side. Once on 28, I asked Rose how the camera battery was. In our own little worlds of kryptonite and Achilles heels, it's funny, for as long as I've been riding, that mine is always managing to forget to change it while we're already stopped.

There really wasn't that much camera fodder, but we stopped at the Pocahontas County line for a fresh one. The Monongahela National Forest isn't much to look at here, but the riding is superb! Open road in the highway gear, pocketing apexes in sweepers on smooth, clear pavement, is always fun, and what motorcycle enthusiasts seek. I might have downshifted twice in 15 miles. But aside from that, I think I could have set the cruise control. I enjoyed going through the pics later and seeing one of Rose and the camera leaning right there with me.



The 21-mile stretch from Thornwood to Monterey is about as intense and technically challenging as any, and has a Cracker Jack prize, pot of gold at the end of the rainbow, nugget waiting in store, and finally emerging from the forest near Hightown. It can be extremely dramatic, especially on days like this when the brilliant sunshine brightly illuminates every square millimeter of earth in sight. Mountain after mountain, turn after turn, can produce its own meditational fog, if anxiety was a product of meditation. When all at once, like a bird released from its cage, you go from one extreme to the other. And all that stress transforms into a sense of overwhelming freedom: the very essence of joy. You wouldn't be the first or the last rider to turn around and do it all over again.

Cheers and thanks for reading!

Marc Ritchie

Photos and Joy Magnet: Rose Grant



continued next page



Holiday Traditions
to Start with Your Family
& Friends



CYCLE LOGIKAL

WE KEEP THE FUN ALIVE!

We are an any make or model, performance, repair, and maintenance motosports facility with over 55 years of combined experience.

- ❖ Performance
- ❖ Maintenance
- ❖ Repair
- ❖ Restoration
- ❖ Customization

PARTS & ACCESSORIES

6255-B South Valley Pike
Mount Crawford, VA
1-540-705-0705
www.cyclelogikal.com
Like us on fb @ www.facebook.com/cyclelogikal

Official Service Facility of VIRGINIA RIDER'S **GREAT PLACES TO RIDE**

You're not alone.
Help is available.

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

Veterans Crisis Line
Dial 988 and Press 1

Disaster Distress Helpline
1-800-985-5990

SAMHSA's National Helpline
1-800-662-HELP (4357)

Behavioral Health Treatment Services Locator
findtreatment.samhsa.gov

SAMHSA

MUSIC & MOTORCYCLES



RIDE THE WIND



"Ride the Wind" is a song by American glam metal band Poison. It is a glam metal song that captures the sense of freedom and adventure associated with motorcycle riding. It was the third single from the group's 1990 studio album *Flesh & Blood*, released on Capitol.

Ride The Wind

Hearts of fire Streets of stone
 Modern warriors Saddle iron horses of chrome
 Taste the wild Lick the wind
 Like something they never saw before
 Their jaws dropping to the floor
 Steel made of soul and sin
 Rebels born without a care
 (And the day he listens)
 Only to fly where eagles dare
 And the night she whispers

Ride the wind
 Never coming back until I touch the midnight sun (Ride the wind)
 (Never coming back again) Ride the wind
 Never coming back until I touch the midnight sun

Painted flesh
 Loyalty Humble pride
 Just as far as the eye can see
 Stories told Two old friends
 Of battle scars and lonely bars
 And nights the rain wouldn't end
 Here's to withered eyes wearing gypsy smiles
 (And the day he listens)
 Here's to lovely ladies and a million miles
 And the night she whispers

Ride the wind
 Never coming back until I touch the midnight sun (Ride the wind)
 (Never coming back again) Ride the wind
 I'm still the bravest soul in sin
 Burning till the night is done
 Of all the truths and lies
 And stories of riders in the sky
 They say only the bravest try
 Where eagles and angels dare to fly

Ride the wind
 Never coming back until I touch the midnight sun (Ride the wind)
 (Never coming back again) Ride the wind
 Never coming back until I touch the midnight sun Ride the wind
 Never coming back until I touch the midnight sun Ride the wind
 Never coming back again Ride the wind
 Never coming back until I touch the midnight sun



VIRGINIA RIDER MAGAZINE



Dry Run Spirits Distillery

100% American small batch copper pot artisan distillery. Making applejack, moonshine and liqueurs the historic Appalachian way!



Dry Run Spirits is on WV's best known craft beverage trail and is only 50 miles across the border from Harrisonburg, Va. There are 2 other distilleries and 2 cideries within 50 miles of us as well.



Dry Run Spirits Distillery
 Private tastings by appointment

304.358.7034

3576 Dry Run Road
 Franklin WV

munnjt@verizon.net facebook.com/dryrunspirits

Following over 100 years of local tradition, we are recreating the oldest style of distillation in America - moonshine distilled from apples. We also make a limited seasonal selection, maple moonshine, distilled from maple sap from our own maple trees. All are made with our pure limestone spring water and are 100% natural and gluten free.

Come for a free tasting and visit the historic Ananias Pitsenberger homestead too. Est. 1840

REASONS TO USE YOUR CEILING FAN IN THE WINTER

1. Redistribution of warm air makes a room feel warm and more comfortable to you and your family.
2. Save up to 15% on heating costs.
3. Reduces the cost of heating fuel.
4. Reduces clutter and electric hazards due to space heaters and heating blankets.

www.delfanfans.com

WINTER - CLOCKWISE

NIGHT RIDER

RIDING YOUR MOTORCYCLE AT NIGHT

Ah, it's really tough to beat the fresh air and cool breeze of the open road. Riding your motorcycle at night can be one of the most enjoyable experiences ever. It's also just sometimes a necessity—you've got to get home and it's dark. As a motorcycle rider, you already have to pay more attention to the road and other riders, but at night, it's even more important. Fortunately, riding safely at night isn't super complicated. Make sure you're visible and you're following the rules of the road and you'll get there just fine.

Here's some info to help make your night ride a safe one:

PROTECTIVE GEAR



Put on all of your protective gear before you ride at night. Remember the acronym "ATGATT," which means "all the gear all the time." Wear a full-face helmet, protective jacket, pants, gloves, and boots. Put on clear goggles or a clear helmet visor so your eyes are protected as well.

You can also wear a vest with highly-reflective material so you're even more visible.

Riding at night can be more dangerous than riding during the day, so it's even more important that you wear all of your protective gear.



Choose highly visible clothing and a jacket with reflective material. Put on brightly colored clothes so other drivers can more easily see you on the road. Wear a protective riding jacket that has reflective material embedded in it so the light from headlights reflects off of it and you're even more visible.

Avoid wearing dark pants and a dark jacket.

You can find reflective riding jackets at rider-friendly apparel shops and you can also order them online.

Put on a white helmet so drivers can see you better. Wear a helmet that it's certified to be safe on the road so your head is protected. If you can, choose a white helmet, which is more visible in the dark.



Add reflective tape if you need to make yourself more visible. If you need to up your visibility, take strips of reflective tape and attach them to your riding gear. You can also add strips of tape to your clothing to make them more visible as well.

You can also add a strip of tape to your helmet to increase your visibility.

Wear clear safety glasses when eye protection is required by law. Choose a pair of clear glasses and avoid using tinted or glasses with dark lenses, which can make it more difficult for you to see at night.

If your helmet uses a visor, choose a clear one for when you ride at night.

BIKE VISIBILITY

Turn on your bike and switch on your headlight to make sure it's functioning and allows you to clearly see in front of you. Turn



on both turn signals to test them and make sure they're working as well.

If your lights or turn signals aren't working, hold off on riding your motorcycle until daylight, when you can more easily see. Then you can head to a repair shop or parts store and replace the bulbs.

Grab the brake handle on the top right of your handlebars. Give it a good squeeze and check your brake lights to make sure they light up and are functioning.

It's super important that other drivers can see your brake lights so they know when you're slowing down and avoid a potential accident.

Apply strips of reflective tape to the sides of your bike so other drivers can more easily see you. Add some reflective decals to your bike as well. Make yourself as visible as you possibly can.

Use your brakes to announce your presence and make your bike more noticeable on the road. Give them a few rapid taps to turn your brake light into a giant blinker that grabs the attention of drivers behind you.

You can also tap your brakes to warn other riders of dangerous road conditions or to tell a tailgater to back off.

ROAD SAFETY

Take the safest route possible to your destination. The road becomes more hazardous at night because of other drivers, potential obstacles, potholes, and other things that are less visible in the dark. Try to take routes that you're familiar with or that you know are safer and where you'll be more visible to other

drivers so you can get to your destination safely.

Keep your lights on if they don't automatically stay on. Some older bikes have lights that you can shut on and off by flipping the light switch. Always keep your headlights and taillights on the entire time you're riding at night both so you can see and so other people can see you. Avoid dimming or shutting off your lights, even if you think the road is empty.

Focus on the road lines to avoid getting blinded by headlights. Avoid looking straight ahead into the headlights of oncoming traffic, which can disorient you and make it difficult for you to see. Instead, look down and focus on the white or yellow lines that separate the lanes on the road.

While you're riding on the road, stay either behind or ahead of other vehicles. Avoid their blind spots, which are the areas where their mirrors can't see you.

If you're in a blind spot of a vehicle, they may not see you when they change lanes or swerve into your lane to miss debris.

In general, think of yourself as being invisible to other drivers and try to put yourself in a position to be seen.

Try to anticipate other drivers' reactions (especially if they seem aggressive or like they're in a hurry) so you can maintain your distance. Yield to other vehicles when it's required and try your best not to get angry or resort to road rage. Stay far enough away from other vehicles that you can safely slow down if they brake suddenly.

Try to be extra cautious when you're riding at night. Even if another vehicle is behaving rudely and you have the right of way, sometimes it's best to just let it go.

The rules of the road are even more important when you're riding at night. Don't assume that there isn't anybody around or it's safe to ignore traffic laws. It's always better to be safe than sorry!

Watch out for animals crossing the road. Keep an eye out for the glow of animal eyes in the darkness. If you see an animal in



the road, go around them. They may freeze in your headlights and stand completely still in the road.

Skip the alcohol if you're going to ride. If you've had a few drinks, don't ride your bike. You could cause an accident or seriously injure yourself. Riding sober is a lot more enjoyable and safer.

Before you head out after the sun goes down, ask yourself... "Can they see me now?"

Stay safe on the road friends!



Should You Drop Your Motorcycle Insurance In The Winter Months?

When the temperatures start to dip, all but the hardest motorcycle riders typically start the process of topping off their tanks, adding fuel stabilizer, and all the other tasks that go along with retiring a bike to the garage for the winter. That's also when some riders start to wonder whether they can save a few dollars by temporarily cancelling insurance on their bikes.

But, should you drop insurance on a motorcycle that's in winter storage? Well, it may be tempting, but, if you give it some thought, you'll probably find that it's not the soundest practice. Here are some reasons why.

WHY YOU SHOULD KEEP YOURSELF PROTECTED

To begin, you have to be certain that your bike will remain in storage for the entire season. Even if your area is hit with unseasonably warm winter weather, if you cancel your insurance, you'd have to fight the impulse to take your bike out for a ride. Otherwise, you'd be out there without a policy to protect you against an accident or some other unfortunate event.

You also need to remember that your bike still faces risks when it's supposedly "safe and sound" in storage. Theft, fire, vandalism and storm damage are all possibilities. If you were to cancel your insurance, and something were to happen to your bike, you'd likely be left to pay the damages or the repair costs out of pocket.

Another important consideration: You may not actually realize any savings by cancelling your policy over the winter. Insurance companies vary, but some may take into account the typical riding season in your state when they price a policy (even if it's spread over a 12-month period). That means you may not actually receive a refund for canceling your winter coverage. Check with your insurance agent to determine if seasonal coverage options are available.

WHAT YOU MIGHT DO TO SAVE

So, while there are likely good reasons to hang on to your policy over the winter months, is there anything you can do to realize some savings? Again, it'll depend on your insurance company, but you do have some options.

According to the Insurance Information Institute (III), you may be able to purchase what's called a "lay-up" policy, which temporarily suspends all but the comprehensive coverage on your motorcycle insurance. Comprehensive coverage protects you against an event that's not related to a collision, such as theft, vandalism or other similar incident that might occur while the bike is in storage. Even if yours isn't one of these lay-up policies, you might find that you can make a similar, temporary reduction of coverages on your own policy. (Just be sure to reinstate all your coverages before you ride your bike again in the spring.)

Another option might be raising your deductible during the winter months, which would likely lower your premium. Make sure you understand the implications of such a decision, though. For instance, would you have enough cash on hand to pay the higher deductible if something were to happen? Your driving record, the number of miles you ride, and where you actually store your bike are other factors that can also impact your premium, the III says.

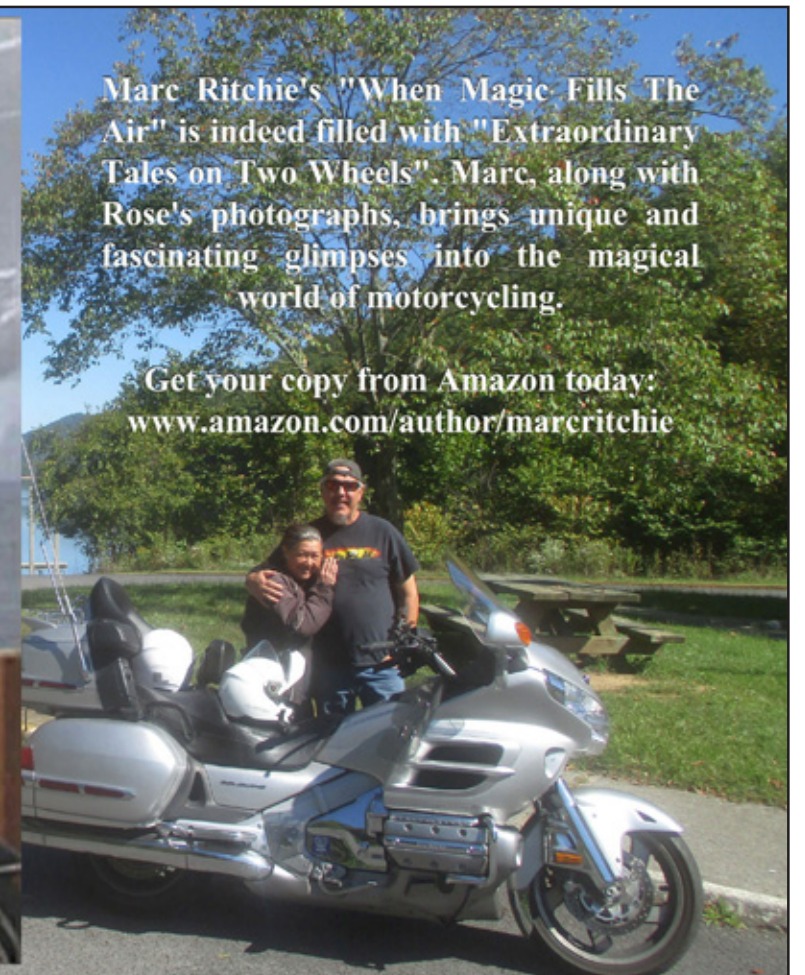
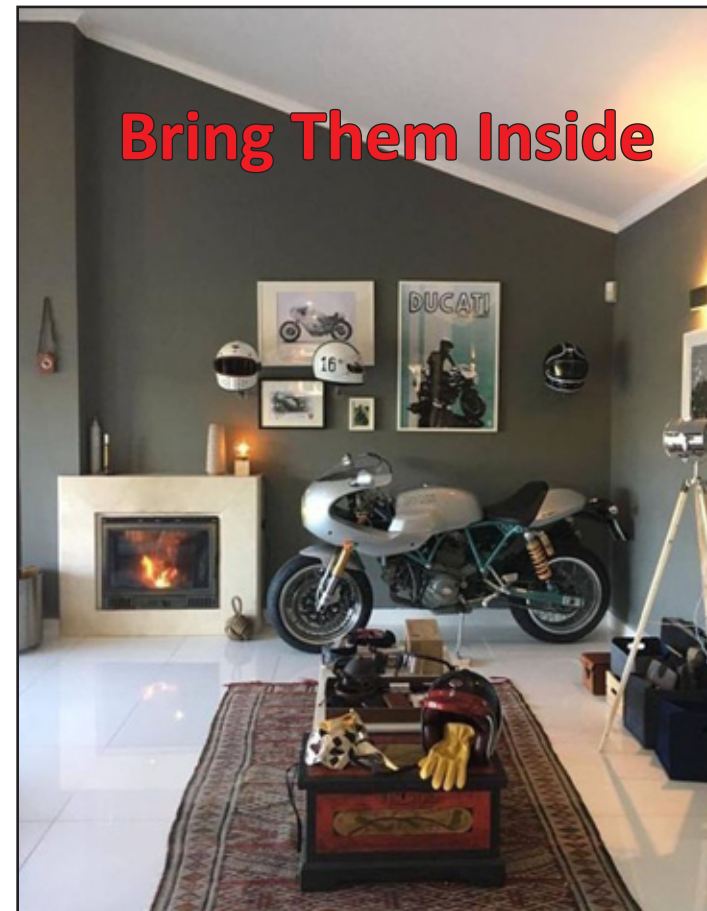
You might also consider taking a motorcycle safety course as a way to save on your policy. According to the III, some insurance companies may offer 10 to 15 percent discounts if you complete one.

So, talk it over with your agent. You may discover that there are, indeed, some untapped opportunities to help reduce the cost of your motorcycle policy — and that they not only help you out in the winter months, but year-round.



VIRGINIA RIDER MAGAZINE

Source: <https://www.allstate.com/tr/motorcycle-insurance/motorcycle-insurance-in-winter.aspx>

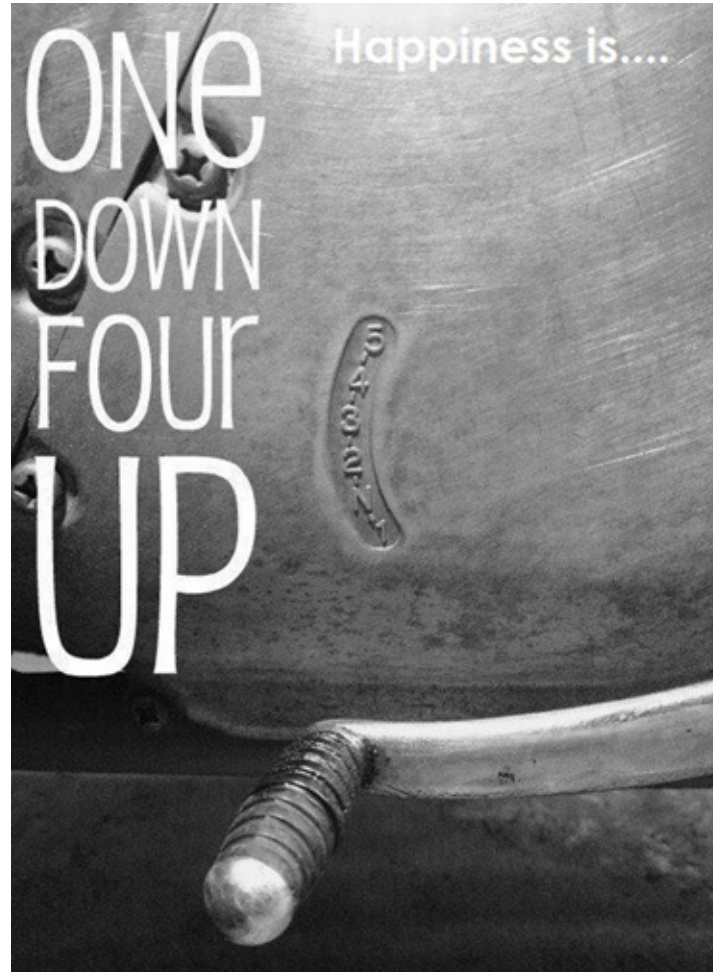


Marc Ritchie's "When Magic Fills The Air" is indeed filled with "Extraordinary Tales on Two Wheels". Marc, along with Rose's photographs, brings unique and fascinating glimpses into the magical world of motorcycling.

Get your copy from Amazon today:
www.amazon.com/author/marcritchie

If you have kids or grandkids, this is the perfect DIY project that's so easy to make.

This activity board will help with eye/hand coordination & keep little ones busy for hours!



Let's Help !!!



Waynesboro MooseRiders with their 3rd Annual "Stuff the Saddlebag" charity ride. Dec. 14th at 9am, 481 Hopeman Pkwy, Waynesboro. Bring lots of toys for those kids at UVA Children's Hospital. KSU 10:30 and will ride along HWY 250 to UVA West Complex. Breakfast will be available for purchase.



What is Bikers Church on the Mountain?
 Each month April-October we have scheduled rides and worship services on a different mountain, or overlook, each month. After the service we ride together to a restaurant for lunch and then continue our ride over beautiful country roads. All are welcome, it doesn't matter if you are unchurched, what your denomination is, or type of motorcycle you ride. Come join us, you'll be glad you did. Services conducted by Tom Rose, Certified Lay Minister; Mike Lambert, Certified Lay Speaker; and Patsy Lambert, Certified Lay Speaker. Sponsored by St. James UMC, Churchville VA.

Biker's Church on the Mt. gives an opportunity to worship, ride and commune with other christians.
 3777 Churchville Ave., Churchville, VA, United States, Virginia
 (540) 255-7900, Tomroseclm@gmail.com

Join Biker's Church on Facebook <https://www.facebook.com/profile.php?id=61550663210112>



BLUE GRASS
MERCANTILE
 540-474-3000
 2558 Blue Grass Valley Rd.
 Blue Grass, VA 24413

Free Wifi!

Family owned and operated country store with a fresh, made-to-order full menu, cold drinks, snacks, and local syrup & honey. Check out our Facebook page for daily specials!

BIKE SAVERS

with John Peterson



The Basket Case

I had a bit of a work-stoppage on the 1972 CB500K I wrote about last month – putting the carbs back together I found I needed a certain size of vacuum tube that goes between each carb, and didn't have one in my tube drawer, so had to order it – and while I was waiting, you know how Idle Hands are the Devils Playground, right?

Backstory Here: in Fall of 2023 I got the itch to get a Honda CB350 Four, which is a scaled-down version of the CB500 and manufactured by Honda from 1972 to 1974 and supposedly the favorite bike of Honda founder Soichiro Honda...anyway, early last year in February, apparently, if the date on the picture is to be believed, I found this one up in West Virginia for, like, \$200. "All there," said the ad, it 'just needs to be put back together', so, of course, I got a bit Excited, jumped in the truck, and motored up to WVA to check it out.

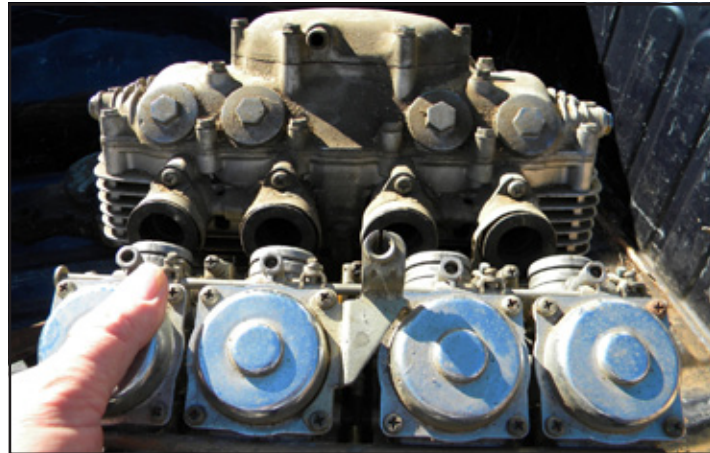
Yeahhhhh...it was definitely a true basket case. I don't have any pics of the day I picked it up except for this one, but suffice it to say that this was all that was there – A couple of wheels, the frame, tank, swing arm, and a tote full of miscellaneous parts. A basket case!



I did notice too that the carbs that came with the bike are not the original carbs, which I swear I thought I saw in the truck as I was loading it all up – but whatever...these (I think) go to a Suzuki, but I haven't researched the carb number yet, and don't know that I will, but the CB350 manifold doesn't match up with the carb mouths, so I'm pretty sure they're the wrong carbs. Suzuki maybe, but not Honda...

Anyway, I got it all home, but a sharp-eyed observer will note the absence of FORKS, front fender, and seat...so it definitely was not all there, but I got it anyway – I wasn't about to make a four hour drive one way and not come home with SOMETHING! And since I had the little VTR 250 already up on the slab in the lab I boxed up the 350 parts and tucked them away.

Fast-forward to Present Day, when I had the above-mentioned work stoppage...I had just finished painting the frame of the CB500 and knew I had this 350 frame in the shed, nothing to really do, I had the paint out and everything, so Why Not, y'know? Had to be done anyway, so I hauled out the frame and swingarm, washed 'em down with acetone and sprayed 'em black, then turned my attention to the other bits that were in that orange tote in the back of my truck.



Turns out that besides the absence of the carbs, forks, seat and fender, the bike pretty much was all there, and luckily my familiarity with assorted parts came into play as I went through the 'nut box' that held all the loose nuts and bolts that came with the parts. I got them all sorted by size and threw them in some vinegar for a while to get the rust off, then went through the box, cleaning and painting as I went until I now have this collection of parts almost ready to go back together!



It's a process, though. I have managed to score some forks, and a set of 4-into-1 headers for this bike – unfortunately not the originals OR the carburetor, which are as rare as an honest politician – but it's coming together slowly.

I've even found a very close match for the original Bacchus Olive Green paint that this version of the 350F came in, and while it's a little 'greener' than the original Olive, I think it'll come out okay...



If you're interested, it's a Rustoleum Gloss Black as a base with several coats of Krylon Color Morphing Green Gold, available at Michaels crafts stores; it ain't cheap (\$18 for an 8-oz can!), and you have to be careful spraying it, but it hardens up really well after it sets up. I plan to coat it with a 2K Clear and it should Pop really nicely.

Before I go (switching back to the CB500 I'm working on), I just wanted to pass along this little tool tip for anybody who is still using those C-clamp-looking valve removers and installers – I picked up this set of valve removers and installers a few years ago and it makes a HUGE difference in both time and effort when you're working on heads, whether it be cars or bikes. I present to you the Lisle Valve Remover and Installer #36050....!



It runs about \$35-\$40 and will cut your valve removal and installation time at LEAST in half!

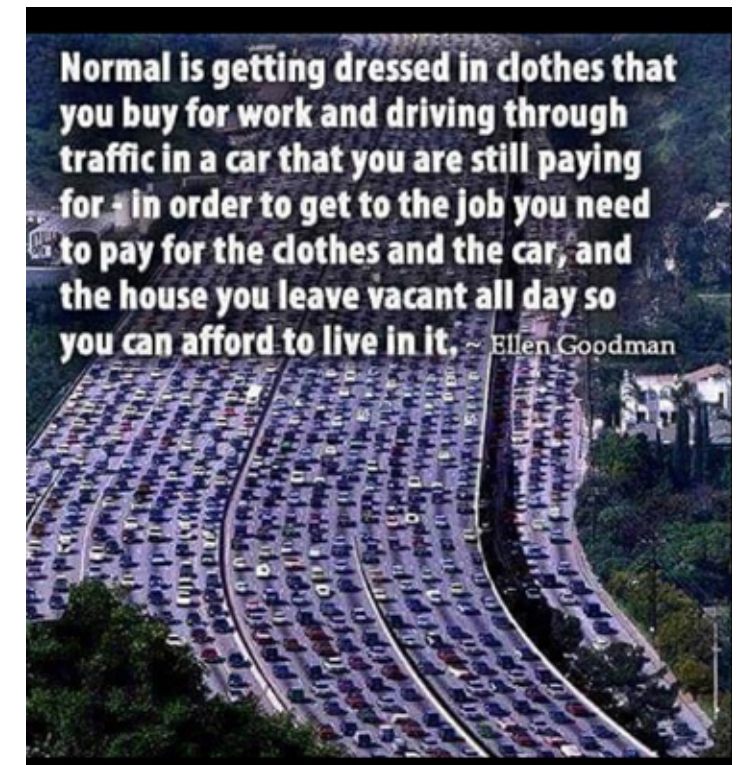
You remove the black part, place the silver part against the valve head, smack it smartly with a BFH (Big Effin' Hammer – I use a 5-lb sledge) and the valve keepers get caught by a magnet in the silver handle.

To put them IN, you put the valve keepers in their retaining ring on the face of the springs, put the black part back in the handle, center the black part of the tool on the valve head, and once again Smack it with a BFH and they just pop in! It is truly a great time-saving tool, and fun to use! No more fussing with assembling the C-clamp type - screwing it down, fishing out the keepers with a magnet, UN-screwing it – this tool does it all for you! As you can see, it comes in two tip sizes, one for cars (I guess) and the smaller one for bikes or whatever size you're working on; I can't recommend it enough.

Welp, time to go back to the garage – my CB500 pistons need to be removed and cleaned up and I can't wait to hear that little *PING*!! as the piston clips go shooting off into the stratosphere...

Until Next Time – Keep On Saving!

Normal is getting dressed in clothes that you buy for work and driving through traffic in a car that you are still paying for - in order to get to the job you need to pay for the clothes and the car, and the house you leave vacant all day so you can afford to live in it. ~ Ellen Goodman



GOOD FOR YOU

To Stay FIT FOR THE ROAD

More & more riders have been taking advantage of the milder temperatures that we've been experiencing these past couple of years during late fall and are keeping their bikes on the road instead of tucked away for the winter. This is all the more reason to stay fit for the road through the holidays.

Here's some great info to help keep your holidays happy & healthy this season.

Tips for Healthier Eating During the Holidays

'Tis the season for eating.

You start at Halloween, sneaking the little chocolate bars from your kids' haul or munching on leftover candy someone brought to the office. Next comes Thanksgiving, with stuffing and rich casseroles and mountains of desserts. That snowballs through the winter holidays, with more parties, more food and more temptation. It can be hard to stick to a sensible eating plan when everyone around you is chowing down, even if you're trying to manage a chronic health condition like diabetes. But you can make good food choices while still savoring all the tastes of the season. Here are 12 tips that can help.

Navigating the food at holiday parties

When you're a guest at an office or family gathering, try the following strategies:

- Stick to your regular eating schedule. For instance, don't skip lunch to "save calories" for the office party later. You'll be more likely to make poor food choices or overeat if you show up hungry.
- Stay hydrated. Drinking between 60 and 100 ounces of water a day can help you manage your appetite and keep you from overeating, according to the Academy of Nutrition and Dietetics. It can also help reduce blood sugar levels and boost your energy and mood.
- Plan your party eating like a dinner instead of wandering among the goodies and grabbing anything that looks good. Go for meats, cheeses and other proteins first. They'll fill you up and help keep you from grazing. Then add vegetables and fruits to your plate. Hit the sweets last.
- Don't stand near the food. People tend to cluster near serving tables or in the kitchen to chat. When you're close to the food, you tend to pick. And before you realize it, you're stuffed.

Making your holiday menu healthier

If you're the host or you're making food to bring to a gathering, you'll want to:

- Put out lots of proteins. Trays of deli meats and cheeses are easy to prepare and can be garnished with fruits, vegetables and holiday decorations to make them an attractive focal point of a buffet table.
- Start from scratch when you can. Even the most decadent recipes are usually lower in sugar and fat than what you buy in stores.
- Substitute. Save some calories from sugar and fat in your holiday favorites by trying some smart substitutions. Sugar substitutes such as stevia, monk fruit, sugar alcohols and artificial sweeteners can be used to reduce all or some of the sugar in recipes. Flours with a lower carbohydrate content such as almond flour or coconut flour can be mixed or replace traditional flour for a lighter carb load. If a recipe calls for sour cream, use the light version or substitute Greek yogurt. If you serve punch, use diet or sugar-free soda or light fruit juice.
- Think small, especially for sweets. Make mini desserts instead of full-sized pies, and even cookies. Your guests can sample several things without taking huge portions. Muffin tins are great for baking miniature treats.
- Replace sugary toppings on cakes, cookies and other foods with berries and other fruits. Fresh is best, but you can also use frozen.
- Offer mixed nuts in place of high-sugar trail mixes with candy and cereals. If you want, you can give the nuts a light glaze to make the mix a little sweeter. One year, I put out an old-fashioned nutcracker with a bowl of unshelled nuts. It was a little messy, but my guests had a great time cracking them open.
- Make healthier foods fun. For instance, use strawberries, grapes and bananas to make kebobs that look like Santa or the Grinch. Or put several types of fruits on skewers and arrange them into a Christmas tree. This can encourage children at your party to eat the healthier foods, and adults like the whimsical approach, too.
- If you hate tossing out leftovers, have to-go boxes at your gatherings and insist that everyone take a few bites home with them.

Now, on to the GOOD EATS FOR YOUR HOLIDAY FEASTS

As you gather around the table with family & friends, most people tend to "pig out". It's good to know that if you have any of the following foods on your table this holiday season, you should feel good about the fact that you're also improving your health! So, give yourself a big pat on the back in the name of healthy eating. Seconds are officially approved!



Beets: Beets are naturally rich in nitrates, which the body converts to nitrites (a precursor for nitric oxide). Nitric oxide is helpful for runners because it dilates blood vessels and therefore aids in the delivery of blood and oxygen to working muscles. Nitric oxide is also an important player in many intracellular processes such as muscle contraction. But enough about chemistry and biology—it's the holidays, after all!



Broccoli and Brussels Sprouts: have very similar amount of calories, protein, carbohydrates, and even vitamins, and minerals. The differences are very subtle. They are both low calorie foods and have low amount of carbs too. Broccoli contains many vitamins, minerals, fiber, and antioxidants. Broccoli's benefits include helping

reduce inflammation, keeping blood sugar stable, and strengthening the immune system. Brussels sprouts, like other cruciferous veggies, may help protect against cancers of the stomach, lungs, kidney, breast, bladder, and prostate. Crunchy veggies like Brussels sprouts may also help you stave off other health issues, such as high blood pressure, high cholesterol, heart disease, and diabetes.



Rutabagas: Most folks don't even know what a rutabaga is & pass right by it in the produce section at the grocery store. It may look odd on the outside but it's got a beautiful, delicious flavor! Besides being low in calories, rutabagas are considered a superfood, containing phytochemicals, antioxidants and vitamins that can help to fight cancer. They have a high fiber content which benefits digestive health, metabolic health and are loaded with vitamins and other essential nutrients. Whipped rutabagas are a fantastic substitute for mashed potatoes not only because they're half the carbs and calories and contain four times the amount of fiber, but also because they are just as creamy as a potato when beaten. We think they taste like a cross between cabbage & potatoes...served with a little butter, salt & pepper, they taste like heaven!



Cranberry: Don't forget to include this superfruit at your holiday feast. Coming in at less than 50 calories a cup, this filling, fiber-rich side will fill you up without filling you out. Cranberries are tangy and delicious and are loaded with health benefits that stretch through the whole human

body. Packed with antioxidants, cranberries are good for the health of your, urinary tract, heart, digestion, eyes, skin and so much more! Researchers are certain that the extent of their benefits are growing as more and more research is conducted.



Kale: Kale is a delicious leafy green vegetable that provides a wide range of nutrients. Possible health benefits of kale include lowering the risk of type 2 diabetes, protecting against heart disease, and helping prevent constipation. Kale may also improve bone, skin, and hair health. With only 33 calories per cup, this nutrient-dense choice is chock-full of calcium (100 mg), iron (1 mg), potassium (329 mg), and antioxidant vitamins like vitamins A, C, and K. Kale during the holidays is often served as a salad, sauteed, added to your holiday smoothie or made into yummy chips.



Pomegranate: Rich in inflammation-fighting antioxidants, this fruit also has a ton of antibacterial and antiviral properties, which means that it just might help you fight off your next illness without the need for modern medicine. Studies have also found that the pomegranate contains unique antioxidant polyphenols, which may be beneficial to folks working to control Type 2 diabetes.



Pumpkin: No holiday table is complete until this humble gourd makes an appearance. A half-cup of canned pumpkin (easy enough to incorporate into soup or bread) contains only 42 calories but still offers 4 g of fiber to keep your digestive system healthy, 953 mg Vitamin A to protect eyesight, and over 250 mg of the electrolyte potassium, which is important for heart health and muscle function. One slice of pie supplies 9 percent of the daily recommendation for phosphorous and 7 percent for calcium and iron. Benefits of these minerals include bone, tooth, neurological, cellular, and metabolic health. They also aid in muscle contraction, blood clotting, and blood oxygenation.



Sweet potatoes: Sweet potatoes are nutritious and delicious, packing a good amount of vitamin A, vitamin C, and manganese into each serving. They also have anticancer properties and may promote immune function and other health benefits. It may be hard to do but try to avoid adding lots of butter, sugar, and marshmallows to the traditional sweet potato casserole, and you'll feel a bit better (maybe) about indulging in all of the antioxidants and other nutrients sweet potatoes have to offer.



Turkey: Along with being rich in protein, turkey provides essential nutrients like energizing B vitamins, bone-boosting phosphorus, and all-important zinc (it's hard to find a body process or body structure that isn't impacted in some way by zinc). You might be wondering whether dark meat or light meat is a better choice. Ounce for ounce, either is a good choice.

Here's some interesting info on the star of the Thanksgiving feast: Even though the turkey was passed over as the official national bird in favor of the eagle (despite Ben Franklin's enthusiastic support), the turkey is too often relegated to a once-a-year meal. Ignored and virtually invisible eleven months of the year, it's been a quiet few hundred years for the poor bird. Low in fat, inexpensive, versatile, and always available, the turkey has finally come into its own.

Not only is turkey a delicious source of lean protein, but studies show that it is linked to providing nutrients that prevent disease and promote a healthy lifestyle. Turkey is rich in nutrients and relatively low in calories and more importantly helps prevent diabetes, heart disease and some cancers. Skinless turkey breast is one of, if not the leanest meat protein sources on the planet.

Maintaining a healthy lifestyle



When you're not in holiday mode, stick to your daily routine as much as you can. Eat balanced meals at your usual times. If you exercise regularly, don't skip it. It can be easy for workouts to be put on hold during the holidays, but do your best to stay on track.

If you miss a run or workout and have an extra slice of pie, don't dwell on it. Give yourself some grace. No one's perfect, and even the most disciplined people will pick a cookie over a carrot at times.

If you have a support person or accountability buddy who's been helping you work on better eating or exercise habits, reach out after the holidays and get back on track.

You also could make an appointment with a dietitian. Many insurance plans cover this service, but relatively few people use the benefit. These comprehensive nutrition services can help you establish and maintain healthier eating habits.

Holidays are a time of gratitude—for family, friends, good life and good health. They aren't a time to food shame anyone, including yourself. It's OK to splurge. Just make the best choices you can for your health during the holidays and all year long.

From our Virginia Rider Family to yours,
Have a Happy, Healthy & Joyful Holiday Season!



VIRGINIA RIDER MAGAZINE

Source: <https://www.bsvhealth.com/blog/12-tips-for-healthier-holiday-eating>

PREPPING YOUR MOTORCYCLE FOR WINTER STORAGE

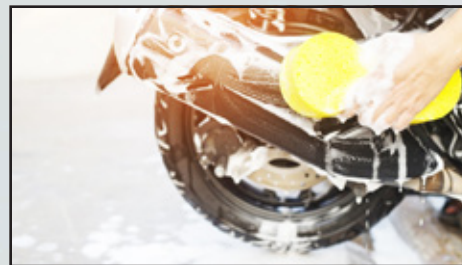
Taking simple steps now will save time, money, and hassles in the spring.

The start of the winter months means another riding season is closing up, for all but the most hardcore motorcycle riders. And unless you count yourself as part of that hearty group, right now is the time to think about proper winter storage for your bike.

Whether you're hanging up your riding gear for just a few weeks or several months, taking care of some basic needs will make getting your motorcycle or ATV going again in the spring that much easier, and it will help ensure trouble-free riding for years.



Shelter: Figure out where your bike is going to take the big sleep. Inside heated storage is best, either in your own garage, or at a commercial storage facility. Your local dealership may offer this service. If that's not an option, the next best place is an unheated garage, shed or storage container. Motorcycle storage containers may help you get cheaper insurance. If you don't have access to indoor storage, make sure you at least park the bike on a sheet of plywood and cover it up.



Clean up and service: Give the motorcycle a good wash and wax job, and perform any needed maintenance as outlined in your owner's manual. Lube the chain and cables, and check your tires for wear and inflate them to the proper pressure. If your tires need replacing, now is the time to do it, so you don't lose riding time in the spring.



Change the oil: Even if your bike won't be sitting for long, change the oil. Dirty oil contains contaminants that can increase corrosion, leading to premature engine wear. Start by firing up the engine and let it run for several minutes to get everything up to operating temperature. Then, drain the old oil, and refill the engine with whatever viscosity is recommended by your owner's manual. There's no need for any special "winter" blend or oil additive.



Add fuel stabilizer: Measure fuel stabilizer into your gas tank according to the instructions on the bottle, and then start the engine. Let it run long enough so the stabilizer can work its way through the fuel system and get into small parts and passageways. You'll find stabilizer at an auto parts store or big box retailer. It can be more convenient to mix stabilizer and fuel in a separate 5-gallon gas can, as it simplifies the math for the additive.



Get proper coverage: Plastic tarps trap moisture, risking corrosion on chrome and painted surfaces where you can see it and inside mechanical parts where you can't. The best bet is to invest in a good breathable cover designed for your motorcycle. Check with your dealer or look for one from an aftermarket supplier online.



Mind your battery: Your battery will last a lot longer if it's kept charged, but you don't want to overdo it, either. Overcharging will not only kill a battery, it can boil the fluid inside—that can cause it to overheat and can even lead to an explosion. The best bet is to invest in a battery minder and charger that will cycle on and off as needed to maintain a proper charge. You can pick these up at many of our advertiser's shops or find them online starting at about \$50.

If you need assistance with any of these, our advertisers would be happy to help you! Following these basic tips can help keep your motorcycle in good condition and ensure that it's ready to ride when spring arrives.

Have a safe & warm winter!

From the Facebook Group - Northern Virginia Motorcycle Riders

David E. Guna is at Skyline Drive - Shenandoah National Park.
· Ruckersville ·

Lately, on my longer rides, I've embarked on a noble quest: finding the ultimate grab-and-go sub from gas stations or grocery stores for that perfect roadside lunch. Yes, I've officially graduated from the Lunchables days.

So far, Martin's Foods in Front Royal reigns supreme, with Safeway following close behind. If only there were a Martin's closer to home! Still, they lose a few points for not having condiment packets—because a little mayo and mustard would've been the finishing touch.

But for around \$7 for this monster of a sub, which I couldn't even finish? Well played, Martin's, well played.

What are some of your go-to spots for a quick lunch west of Haymarket?



When the going got tough, the tough got creative



BROUGHT TO YOU BY COVID 19



LEE'S GARAGE
434-210-1503

Custom Exhaust Systems
Foreign & Domestic
1.5" to 3" Custom Bending
Miner 4 x 4 Repair
Welding & Oil Changes

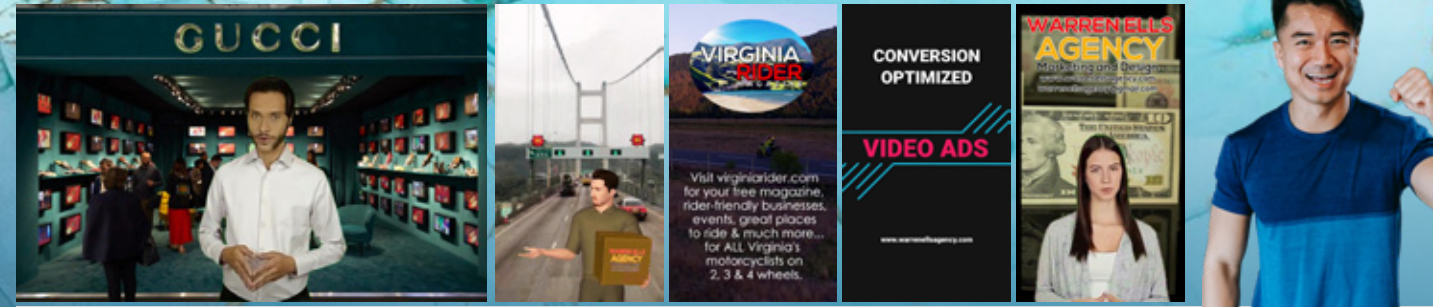
Lee Brankley
Heath Brankley
leesgarage@rocketmail.com
439 Tinker Road
Chase City, VA 23924

WEDESIGN

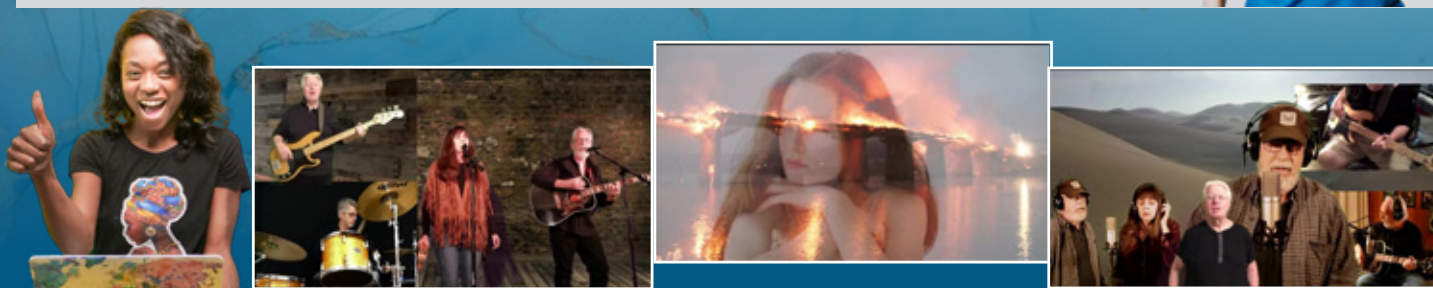
We Are A Full-Service Graphic Design And Video Production Company
We're Here For All Of Your Digital And Print Media Marketing Needs
www.warrenellsagency.com warrenellsdesign@gmail.com
CALL TODAY 615-804-4647 Leave message



BUSINESS PROMOTION VIDEO



SOCIAL MEDIA STORIES & REELS



MUSIC VIDEOS

CYCLE LOGICAL
WE KEEP THE FUN ALIVE!
We are an easy to work, performance, repair, and maintenance motorcycle facility with over 15 years of combined experience.

- Performance
- Maintenance
- Repairs
- Restoration
- Customization

PAINTS & ACCESSORIES

4033 S South Valley Pike
Mount Airy, VA
1-800-746-6765
www.cyclelogical.com
Like us on FB @ www.facebook.com/cyclelogical
Official Service Facility of VIRGINIA RIDER'S GREAT PLACES TO RIDE

Ride here. Eat here. Stay here.

Welcome Riders! Warm, cozy suites!

Curly Maple
Lunch - Wednesday thru Monday
Breakfast - Saturday and Sunday
175 West Main Street, Monterey, VA 24465
Right across from the courthouse
(540) 468-1200
Use us on Facebook for our specials and events!
<https://www.facebook.com/curlymaple>
thecurlymaple@gmail.com

SUITE SPOTS

- BUSINESS PROMO/ WEBSITES
- EVENT VIDEO & PRINT MEDIA
- SOCIAL MEDIA CAMPAIGNS
- MUSIC VIDEOS / YOUTUBE
- PROFESSIONAL VOICEOVERS
- ALL PRINT MEDIA / LAYOUT

WARREN ELLS AGENCY
Marketing and Design

PRINT MEDIA / LAYOUT

FREE Promotional Video
when you advertise in
Virginia Rider Magazine

Don't drive if you're
OR RIDE
tipsy, buzzed or Blitzen.

Get a sober ride, call an Uber, Lift or a Cab



Shiny Side Up:

Watch Out for these Hazards on the Road

○ Rough Roads

Rough and bumpy roads, either from disrepair or construction work, can cause motorcycle accidents.

○ Slick Surfaces

Debris like this can leave road surfaces can be very slippery, especially when wet:

- Leaves
- Crosswalk lines
- Trolley tracks
- Other painted surfaces
- Anti-freeze or oil

○ Gravel on the Pavement

Gravel is one of the trickiest hazards to navigate and is common on winding backroads.

○ Animals

Live animal crossings can be difficult to anticipate, and even more difficult to avoid.

○ Railway Tracks and Crossings

Not only can tires get caught in the track, but areas between the tracks can become slick when wet.

Check out the Brain Bucket Blog for tips to avoid these hazards, and stay safe out there!

RumbleOn

VIRGINIA RIDER

We're Here For You!



If you enjoy life riding on 2, 3 or 4 wheels, Virginia Rider is your go-to source for everything you need to enjoy your riding life.

As a rider, you'll know where to go and who your friends are out on the road. We connect you to area events, rider services, and rider-friendly businesses where you can shop, eat, sleep, stay and play. Plus, we'll show you great places to ride to enjoy awesome scenic byways and some of the best motorcycle roads in the country.

www.virginiarider.com



Life's too short to go
TOO FAST

Even the best rider is at the mercy of other drivers. If you go too fast, they may cut you off, change lanes, or make turns before they see you coming.

SO WATCH YOUR SPEED, WATCH OUT FOR OTHER DRIVERS, AND STAY SOBER.

VIRGINIA RIDER

Serving the riders of Virginia & West Virginia

0000000000000000